Claims

[c1]   A networked health information system, comprising:

i) at least once central server configured to receive and communicate health-related data;

ii) at least one microprocessor device including a microprocessor, a display and a memory, and configured into a monitoring device that functions to:

prompt a user to enter food intake information;

receive the entered food intake information; and

cause communication of data related to the entered food intake information to the central server; and

iii) at least one health care computer, remotely located from and in signal communication with the central server to receive health related data based on the food intake information related data received from the microprocessor device.

[c2]   The system of claim 1, wherein the user can enter food intake information in quantitative units.

[c3]   The system on claim 2, wherein the user can enter food intake information in terms of exchange units or other suitable terms.

[c4]   The system of claim2, wherein the user can enter food intake information by selecting food intake menu item using a menu display.

[c5]   The system of claim 2, wherein the data related to the entered food intake information includes time-related data.

[c6]   The system of claim 2, wherein the microprocessor device includes buttons, keys or switches.

[c7]   The system of claim 6, wherein the microprocessor device is a handheld device.

[c8]   The system of claim 7, wherein the microprocessor device is a handheld computer.

[c9]   The system of claim 6, wherein the microprocessor device is capable of displaying pictorial information.

[c10]   The system of claim 2, wherein the memory includes a removable cartridge.

[c11]   The system of claim2, wherein the system can process health related data into at least one report.

[c12]   The system of claim 11, wherein the report includes graphs and/ or icons.

[c13]   The system of claim 11, wherein the report reflects data

for a period of time.

[c14]   The system of claim 2, wherein the system is configured to transmit at least one message for display on at least one microprocessor device's display.

[c15]   The system of claim 14, wherein the message includes step-by-step instructions.

[c16]   The system of claim 14, wherein the message is educational or motivational.

[c17]   The system of claim 14, wherein the system is configured to cause the message to be transmitted to a specific patient.

[c18]   The system of claim2, wherein the system is configured to enable programs to be provided from the server for storage in a memory of and execution by at least one microprocessor device.

[c19]   A method of remotely receiving and communication health-related data, comprising:
(i) using at least one central server to receive and communicate health-related data;
(ii) using at least one microprocessor device that includes a microprocessor, a display and a memory, to prompt a user to enter food intake information;

receive the entered food intake information; and communicate data related to the entered food intake information to the central server; and

(iii) receiving health related data based on the food intake information-related data, receive from the microprocessor device, at least one health care professional computer remotely located from and in signal communication with the central server.

[c20] The method of claim19, wherein the user enters food intake information in quantitatively defined units.

[c21] The method of claim 20, wherein the user enters food intake information in terms of exchange units or other suitable terms.

[c22] The method of claim 20, wherein the user enters food intake information by selecting a food intake menu item using a menu display.

[c23] The method of claim 20, wherein the data related to the entered food intake information includes time-related data.

[c24] The method of claim 20, wherein the microprocessor device includes buttons, keys, or switches.

[c25] The method of claim 24, wherein the microprocessor de-

vice is a handheld device.

[c26] The method of claim 25, wherein the microprocessor device is a handheld computer.

[c27] The method of claim 24, wherein the microprocessor device is capable of displaying pictorial information.

[c28] The method of claim 20, wherein the memory includes a removable cartridge.

[c29] The method of claim 20, further comprising processing health-related data to produce at least one report.

[c30] The method of claim 29, wherein the report includes graphs and/ or icons.

[c31] The method of claim 29, wherein the report reflects data for a period of time.

[c32] The method of claim 20, further comprising transmitting at least one message for display on at least one microprocessor device's display.

[c33] The method of claim 32, wherein the message includes step-by-step instructions.

[c34] The method of claim 32, wherein the message is educational or motivational.

[c35]   The method of claim 32, including causing the message to be transmitted to a specific patient.

[c36]   The method of claim 20, further comprising providing programs from the server for storage in a memory of and execution by at least one microprocessor device.